



## MY DIABETES CARE CHART

Here is a list of items for good diabetes care suggested by the American Diabetes Association (ADA). Take this card to your primary care provider or diabetes educator when you visit them so that **YOU** can control your diabetes. For life.

Date of visit:				
<b>Every visit:</b>				
Weight				
Blood pressure	/	/	/	/
Review home blood sugar records				
Review self-management goals				
Foot exam				
A1C (every 3–6 months)				
<b>Once a year:</b>				
Cholesterol – LDL/HDL	/	/	/	/
Triglycerides				
Kidney function tests				
Foot check of circulation and nerves				
Flu shot				
Dental exam				
Dilated eye exam				
Pneumonia vaccine (generally once)				

**Discuss these issues regularly with your diabetes educator, dietitian or health care provider to improve your diabetes management:**

- |   |   |
|---|---|
| <input type="checkbox"/> Tobacco and alcohol use  | <input type="checkbox"/> Depression or mood changes |
| <input type="checkbox"/> Preventing heart attack and stroke   | <input type="checkbox"/> Diet and meals             |
| <input type="checkbox"/> Ways to improve A1C  | <input type="checkbox"/> Physical activity          |
| <input type="checkbox"/> Medication/Aspirin use   | <input type="checkbox"/> Weight management          |
| <input type="checkbox"/> Avoiding or treating complications   | <input type="checkbox"/> Stress management          |
| <input type="checkbox"/> Avoiding or treating hypoglycemia (low blood sugar) and hyperglycemia (high blood sugar) | <input type="checkbox"/> Sick days                  |
|   | <input type="checkbox"/> Foot care                  |

**Notes/Goals/Concerns:**

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Name: \_\_\_\_\_ Ph: ( ) \_\_\_\_\_

Doctor: \_\_\_\_\_ Ph: ( ) \_\_\_\_\_

Diabetes Educator: \_\_\_\_\_ Ph: ( ) \_\_\_\_\_

Dietitian: \_\_\_\_\_ Ph: ( ) \_\_\_\_\_

Pharmacist: \_\_\_\_\_ Ph: ( ) \_\_\_\_\_

Foot Doctor: \_\_\_\_\_ Ph: ( ) \_\_\_\_\_

Eye Doctor: \_\_\_\_\_ Ph: ( ) \_\_\_\_\_

Dentist: \_\_\_\_\_ Ph: ( ) \_\_\_\_\_

## MY DIABETES CARE INFORMATION



## MY DIABETES CARE GOALS\*

**\*ADA Standard 2007**

A1C Target: \_\_\_\_\_ less than 7%

Blood Pressure Target: \_\_\_\_\_ less than 130/80

LDL Cholesterol Target: \_\_\_\_\_ less than 100

HDL Cholesterol Target: \_\_\_\_\_ men greater than 40

\_\_\_\_\_ women greater than 50

Triglycerides Target: \_\_\_\_\_ less than 150



**Tobacco Quit Line:**  
1-800-784-8669  
www.quitline.com

**For more information about diabetes:**  
National Diabetes Education Program  
1-800-438-5383 www.ndep.nih.gov

**To find a diabetes educator near you:**  
American Diabetes Association  
1-800-628-8808 www.diabetes.org

**American Association of Diabetes Educators**  
1-800-338-3633 www.aadenet.org



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If you have questions, contact:

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(360) 236-3736

**Sincerely,**

**Health Education Resource Exchange Web Team**

# P R I N T I N G   S P E C I F I C A T I O N S

**Title:**    **Diabetes Wallet Card (English version)**

**Size:**    3.75 x 8.875

**Paper stock:**    80# cover Sterling gloss white

**Ink color:**    PMS 286, PMS 326, and Black

**Special instructions:**    Prints 2 sides. Finished job folds to 3.75 x 2.25 (score and gate fold)

**DOH Pub #:**    345-004

**DOH Contact:**    Sara Eve Sarliker, 360-236-3963  
Diabetes Prevention and Control Program